

NurtureGroup

Free Support & Play Groups 2026

We offer a safe and secure environment for children from birth to starting school, who have been impacted by a premature or sick birth with time in a neonatal unit, prenatal anomaly, injury or condition in the first 5 years of life resulting in ongoing medical challenges.

Parents and carers can exchange ideas on parenting, tackle medical issues, share stories, build support networks, form friendships and ease the isolation that can often be felt by families.

NSW - Wollongong

Wednesday Fortnightly, 10.00am-11.30am

Dapto Ribbonwood Centre - Scribbly Gum Room

93-109 Princess Highway, Dapto

February 4, 18

March 4, 18

April 1, 15, 29

May 13, 27

June 10, 24

July 8, 22

August 5, 19

September 2, 16, 30

October 14, 28

November 11, 25

December 9

NurtureGroup has a strict wellness policy for all attendees.



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